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ARMSTRONG 'FESSES UP?

CYCLIST HAS TOLD OPRAH HE ENGAGED
IN DOPING, ACCORDING TO SOURCES

PAGE 18



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LIVING FLAG LIVES ON AS STAMP

Downtown Winnipeg BIZ executive director Stefano Grande stands next to a new stamp unveiled by Canada Post Monday that features a photo of the thousands of Winnipeggers who took part in the BIZ's living flag at the Legislative Building last Canada Day. The stamp is part of Canada Post's Canadian Pride series. SHANE GIBSON/METRO

City to hand out real tickets during plowing

Know your zone.
Real tickets worth real money levied during this round of residential plowing

 **SHANE GIBSON**
shane.gibson@metronews.ca

The residential parking ban is now in effect and this time, those who leave their vehicles in the way of the graders will find more than just a warning on their windshields.

While informational brochures were put under the wiper blades of scofflaws during the first big cleanup last year as Winnipeggers got used to the new snow zone system, this time not knowing your zone will earn a \$150 ticket

and possibly a tow down the street.

"The tickets will be real this time," warned Ken Boyd, manager of the city's streets and maintenance division at a press conference Monday. "We're hoping that people have grasped on to the new system."

A total of 8,900 warnings were given out during the first residential parking ban under the new system last November and 1,850 vehicles had to be towed to adjacent streets, according to the city.

The snow zone system sees the city's more than 3,700 kilometres of residential streets divvied up into 22 alphabetical zones with crews tackling designated zones during 12-hour shifts both night and day while the ban is in effect.

"With the old system the plowing could last up to three

\$5M operation

Around 250 pieces of snow-clearing equipment are working to clean up after last weekend's near-blizzard and the operation is expected to cost more than \$5 million. *Source: The City of Winnipeg*

or four days and people didn't know when their street was going to be plowed," said Boyd. "This is a vast improvement over the old system.... People know when their street is scheduled for plowing and we're inconveniencing them for only one 12-hour period."

The ban is expected to be in place until Thursday. Go to knowyourzone.winnipeg.ca or call 311 for a schedule of residential plowing and a list of the zones.

Too many cats

Pet bylaw laid over after marathon meeting

Atleo out sick

Illness forces First Nations chief to take a break

Decoding Jodie

What was with Jodie Foster's Golden Globes speech?

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House fire. Maryland Street shuts down

A house fire closed Maryland Street early Monday afternoon as firefighters worked to contain the blaze.

Flames could be seen shooting out the roof of the three-storey home at 641 Maryland St. Officers said the fire broke out around 11 a.m. and said it appeared no one was injured.

Maryland Street between Notre Dame Avenue and Sargent Avenue was shut down.

ELISHA DACEY/METRO



Firefighters at the scene of a fire on Maryland Street. ELISHA DACEY/METRO

Child-abduction case. Local man appears in court

A Winnipeg man accused of abducting his children and taking them to Mexico has made a brief court appearance.

The case against Kevin Maryk and co-accused Robert Neil Groen was put over to Feb. 11. The two are charged in the disappearance of Maryk's children, Abby and Dominic, who vanished during a court-ordered visit with their father in August 2008.

The kids were found last

spring in Guadalajara, Mexico, in a cluttered, messy apartment in which they reportedly were kept with little exposure to the outside world.

Maryk was extradited from Mexico in November — five months after he was arrested by Mexican police.

The kids were seven and six years old when they disappeared. Police are still searching for Maryk's nephew.

THE CANADIAN PRESS

Phoenix Sinclair

Tip not treated as emergency: Social worker

Three months before little Phoenix Sinclair was beaten to death, social workers had a final chance to intervene. But a vague tip that the girl was being abused was not treated as an emergency, the inquiry into Phoenix's death was told Monday.

"A child who may be abused, with no information on what the abuse is or that it actually even was abuse, is not considered an emergency by the after-hours unit," testified social worker Jacki Davidson.

The inquiry is examining how Manitoba child welfare failed to protect Phoenix, who spent much of her life in foster care or with family friends. The five-year-old girl was beaten to death in June 2005 by her mother Samantha Kematch and mother's boyfriend, Karl McKay, after Kematch had regained custody.

In March 2005, two of Kematch's friends grew concerned that Kematch was locking Phoenix in a bedroom and possibly abusing her. They reported their concerns to Child and Family Services, but said they weren't taken seriously. So they asked a foster parent to call as well. Davidson, a worker in the after-hours unit, recorded the allegations, but referred the case for "consideration" to crisis-response workers who worked during the day. Davidson said the caller had not seen abuse herself and could not provide any detail. THE CANADIAN PRESS

Cat-licensing bylaw decision put on hold

Marathon meeting. 16 delegations spoke out on the draft bylaw

The City of Winnipeg's new Responsible Pet Ownership draft bylaw got a rocky reception at Monday's protection and community services committee meeting.

Sixteen delegations waited patiently to make sure their voices were heard and then waited hours into the evening for a decision.

That decision arrived just before 9 p.m., with councillors Scott Fielding (St. James-Brooklands), Thomas Steen (Elmwood-East Kildonan), Ross Eadie (Mynarski) and Harvey Smith (Daniel McIntyre) voting to lay the bylaw over for 120 days to consult more with stakeholders.

"Obviously this is coming

back for us for further review and we'll take it from there," said Leland Gordon, COO of the city's animal services department.

The biggest criticism of the bylaw came from those concerned about new cat licensing, including Bill McDonald, executive director of the Winnipeg Humane Society, D'Arcy Johnson of D'Arcy's A.R.C., and Carla Martinelli of Winnipeg Pet Rescue, the latter two being no-kill shelters.

"We all agree, we have a cat overpopulation issue," said McDonald.

"D'Arcy, Carla and I estimate that between our three organizations, we are helping over 10,000 cats per year on behalf of the citizens of Winnipeg. I get \$500,000 from the city, which is not enough, D'Arcy and Carla get nothing..."

The best course of action, many delegates stated, is a



From left, D'Arcy Johnson of D'Arcy's A.R.C., Bill McDonald of the Humane Society, and Carla Martinelli of Pet Rescue take questions. BERNICE PONTANILLA/METRO

better spay-and-neutering program, like the one in Calgary.

However, Gordon said it was basically the Calgary model that inspired Winnipeg's bylaw.

People in favour of urban chicken raising, beekeeping and owning reptiles made pleas for the city's animal services de-

partment, which authored the bylaw, to gather more information.

The new bylaw was to be presented in May of 2012, receiving extension after extension — and raising the ire of the supporters of the various groups affected.

BERNICE PONTANILLA/METRO

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First Nations national chief out sick amid political crisis

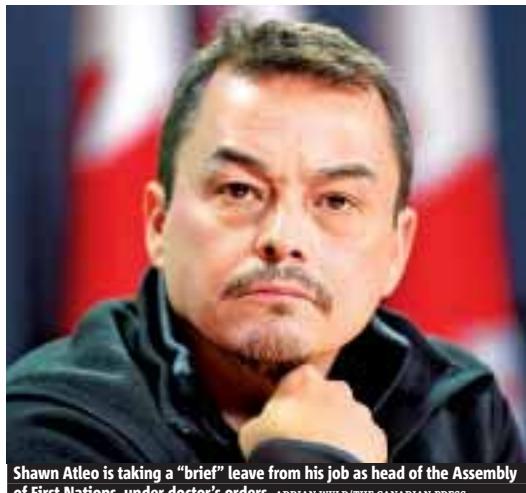
Shawn Atleo. Leader has endured intense meetings, media scrutiny and criticism from other chiefs

A sudden medical leave announced Monday by the head of Canada's largest aboriginal organization will delay — but not derail — pivotal talks between First Nations and Stephen Harper, says Aboriginal Affairs Minister John Duncan.

"No one has got certainty for when the national chief will return, but I took it that it would be at least two weeks away," Duncan said. "But we were thinking ... it would be at least that long before any further meeting got underway."

In an interview with The Canadian Press, Duncan said there's little hope a one-on-one meeting between Harper and Assembly of First Nations National Chief Shawn Atleo can still take place by Jan. 24 — a date floated during their contentious meetings last week.

Atleo announced Monday that his doctor has ordered



Shawn Atleo is taking a "brief" leave from his job as head of the Assembly of First Nations, under doctor's orders. ADRIAN WYLD/THE CANADIAN PRESS

him to take a "brief" sick leave despite the AFN being in the midst of a crisis, with some chiefs and First Nations citizens questioning the group's authority.

Atleo came down with the flu before Christmas and never had a chance to beat it, said Jody Wilson-Raybould, the regional

chief for British Columbia.

In a statement, Atleo said the trials of the past two weeks simply caught up with him.

He has been the target of much criticism for agreeing to meet with Prime Minister Stephen Harper last week.

Atleo managed to pull together a consensus on topics

Bad timing

"I regret to have to tell you that those long days have caught up with me."

Shawn Atleo, national chief of the Assembly of First Nations

for future discussion. But he was not able to persuade Harper to have Gov. Gen. David Johnston attend — a key demand of a faction of chiefs, including fasting Attawapiskat Chief Theresa Spence.

Several leading chiefs said the assembly should have refused the meeting because it didn't take place on their terms and on their turf. Chiefs from several provinces and territories boycotted the meeting and instead protested outside the Prime Minister's Office.

Atleo's absence will leave a big, if temporary, vacuum in Crown-First Nations politics.

Atleo was re-elected last summer for his second three-year term. He won solid backing despite his opponents saying that he was too cosy with the federal government.

THE CANADIAN PRESS

Transit Tuesday



Weekly Transit News Update

NO PENNIES OR BILLS ON BUSES BEGINNING FEB. 1

Effective Feb. 1, Winnipeg Transit will no longer be accepting pennies or bills on its buses. The new policy goes into effect as the department begins the first phase of a comprehensive Fare Collection System replacement project.

In the coming weeks, Winnipeg Transit will begin replacing the old manual fareboxes on all 555 buses in its fleet with new, state-of-the-art electronic fareboxes.

The new fareboxes will not accept pennies or paper banknotes. Only Canadian or U.S. coins of at least a nickel or higher denomination will be accepted. The decision to not equip the new boxes with banknote readers was made to speed passenger boardings and avoid mechanical problems that are often associated with bill readers. Coins will be validated and counted as they are dropped through the coin slot, while payment information will be presented visually on a display screen that is mounted on the top of the farebox. Operators do not carry or make change.

The new boxes will continue to accept bus tickets but they must be inserted into the ticket slot mounted separately from the coin slot.

Transfers will be available upon request when paying your fare. A paper transfer will be printed and dispensed by the new farebox. When boarding your next bus, the transfer will be read and validated by the new farebox (not the operator).

The new GFI-Odyssey fareboxes, supplied by Garaval Inc., will have improved security features, be more user-friendly and will enable additional fare options in the future. Phase two of the fare collection system, expected to be completed in late 2013, includes the introduction of new "Smartcard" technology that will replace tickets and paper passes.

Transit officials estimate it will take between six to seven weeks to outfit the entire fleet with the new boxes. For more information about Winnipeg Transit's new Fare Collection System, please visit winnipegtransit.com.



Parents take hold of Sandy Hook Promise

Jimmy Greene, left, kisses his wife, Nelba Marquez-Greene, as he holds a portrait of their daughter, Sandy Hook School shooting victim Ana Marquez-Greene, formerly of Winnipeg, at a news conference in Newtown, Conn., on Monday. One month after the mass shooting, the parents joined a grassroots initiative unveiled Monday, called Sandy Hook Promise, that supports solutions for a safer community. JESSICA HILL/THE ASSOCIATED PRESS

Ottawa war museum

Veteran vandalism brings charges

Two men are facing charges in vandalism at the Canadian War Museum in Ottawa this past summer.

Police say the pair spray-painted a swastika and an offensive message on a Royal Canadian Air Force plane on Aug. 27.

Police have charged Joel Lendore and Simon Los, both 22. THE CANADIAN PRESS

Mali, West Africa

Canadian plane on anti-terror run

Canada is sending one of its C-17 military cargo planes to deliver supplies to the capital of Mali after a request from France.

An al-Qaida-linked group has seized the northern part of Mali and is advancing south.

The C-17 has been committed for only a week. THE CANADIAN PRESS

Supreme Court

Human-smuggling law nixed in B.C.

Canada's human-smuggling law has been struck down by the British Columbia Supreme Court.

Justice Arne Silverman found a section of the Immigration and Refugee Protection Act "unnecessarily broad," saying it could lead to the prosecution of humanitarian workers. THE CANADIAN PRESS

The five charged in last month's attack in New Delhi face a possible death penalty if convicted. A sixth suspect says he is 17 years old and, if tried as a minor, would face a maximum sentence of three years in a reform facility.

Last week, Sharma made a series of inflammatory and often-contradictory statements, saying that police had beaten the five charged suspects and placed other prisoners in their cells to threaten them with knives.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
101.65¢ (+0.07¢)

TSX
12,603.09 (+0.91)

OIL
\$94.14 US (+58¢)

GOLD
\$1,669.40 US (+\$8.80)

Natural gas: \$3.38 US (+5¢)
Dow Jones: 13,507.32 (+18.89)

Waning demand?

Apple cutting back on iPhone 5 parts orders, reports say

Apple's stock slipped below \$500 US for the first time in 11 months on Monday as investors reacted to reports signalling the company's latest iPhone is falling further behind a slew of sleek alternatives running Google's Android software. Separate stories published in the Japanese newspaper

Nikkei and The Wall Street Journal said Apple has dramatically reduced its orders for the parts needed to build the newest iPhone because the device isn't selling as well as the company hoped. **THE ASSOCIATED PRESS**

Jan. 30 introduction

RIM stock climbs over \$14 ahead of BB10 launch

Research In Motion stock

jumped Monday in a second day of heavy trading, rising above \$14 a share for the first time since last spring. The BlackBerry maker's stock gained \$1.39, or 10.4 per cent, to close at \$14.70. The push comes ahead of the Jan. 30 launch of RIM's new BlackBerry 10 products. RIM's stock price has been recovering by fits and starts from a setback after executives told analysts last month that the company is changing the fee structure for its service.

THE CANADIAN PRESS



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Acquittal is 'vindication' for former Nortel brass

Fraud trial. Judge says he's not convinced that executives 'deliberately misrepresented' finances at telecom company

sion I make is based on that evidence and nothing else."

Following the not guilty verdicts, the former executives jumped to their feet to hug family members and their lawyers.

Marrocco's 145-page ruling concludes one of the largest and most complex trials in Canadian corporate history.

Dunn, Beatty and Gollogly each had faced two counts of fraud — one count of defrauding the public and one count of defrauding Nortel Networks Corp.

The Crown had alleged that the men participated in a book-cooking scheme designed to trigger \$12.8 million in bonuses and stocks for themselves while they were at the helm of Nortel. They were fired from the beleaguered firm in 2004. All three had pleaded not guilty to the charges.

"The criminal trial is based on evidence," he told a packed Toronto courtroom. "The deci-

tion I make is based on that evidence and nothing else."

In a statement, Dunn, the former head of Nortel, said he was "grateful to have received vindication." **THE CANADIAN PRESS**

Public health. Coca-Cola tackles obesity debate with U.S. ad campaign



This frame grab is from a new commercial from Coca-Cola, in which the Atlanta-based company tries to weigh in on the growing controversy over soft drinks' effect on health. **THE ASSOCIATED PRESS**

Coca-Cola became one of the world's most powerful brands by equating its soft drinks with happiness. Now it's taking to the airwaves for the first time to address a growing cloud over the industry: Obesity.

The Atlanta-based company on Monday will begin airing a two-minute spot during the highest-rated shows on CNN, Fox News and MSNBC in hopes of flexing its marketing muscle in the debate over soft drinks and their impact on public health.

The ad lays out Coca-Cola's record of providing drinks with

fewer calories and notes that weight gain is the result of consuming too many calories of any kind — not just pop.

For Coca-Cola, the world's No. 1 beverage company, the ads reflect the mounting pressures on the broader industry. Later this year, New York City is set to enact a first-in-the-world cap on the size of soft drinks sold at restaurants, movie theatres and sports arenas.

New research in the past year suggests that sugary drinks cause people to pack on the pounds independent of other behaviour. **THE ASSOCIATED PRESS**

WHAT WORKOUT IS RIGHT FOR YOU?



SHE SAYS...
Jessica Napier
metronews.ca

We're two weeks into the new year and I'm sure many of you have resolved that 2013 is the year you're going to get fit. And hey, if you've actually managed to stick with it so far, then good for you!

But with so many exercise-themed daily deals showing up in your email inbox every morning, it can be hard to know where to begin. Consider this a Coles Notes guide to some of the different workout options available to all those determined resolution-makers out there.

1. Spinning. There's nothing quite like cycling away your sins for 45 minutes on a stationary bike in a dark room surrounded by sweaty bodies and loud music thumping in your ears. It's kind of like burning calories in a nightclub except you're pedalling instead of grinding and that water you're chugging doesn't have any vodka in it.

2. CrossFit. Once the preferred exercise regime of military personnel and Olympic athletes, CrossFit is now developing a cult-like following among the civilian masses. The high-intensity fitness program emphasizes heavy weightlifting, gruelling cardio and a secret language designed to confuse outsiders. But if you can wrap your head around WODs and AMRAPs, then join a Box and start working on your Fran time.

3. Yoga. There's nothing new about this ancient practice that combines strength- and stamina-building poses with meditative breath-

ing exercises. While there are many different varieties of yoga, they all involve contorting and holding your body in a sequence of postures that will test your endurance and flexibility. Before you hit the mat, recognize that you'll have to be able to take yourself seriously while posing like a tree.

4. Ballet Barre Workout. If you've ever dreamed about a long, lean dancer's physique, then a ballet-inspired fitness class is a good place to start. You might feel a little more Ugly Duckling than Black Swan as you attempt to plié while performing bicep curls with a weighted ball, but stick with it long enough and you'll end up toned and sculpted and maybe even a little more graceful.

5. Running. What's not to love about running? It helps to improve both physical and mental health, it's cheap (once you've invested in a decent pair of shoes), and since it's a solo endeavour you can avoid all of those annoying January Joiners that tend to crowd up other workout classes at this time of year. Pounding the pavement is best experienced when there is actual pavement involved, so forget treadmills that do half the work for you and head outside.

Follow Jessica Napier on Twitter @MetroSheSays



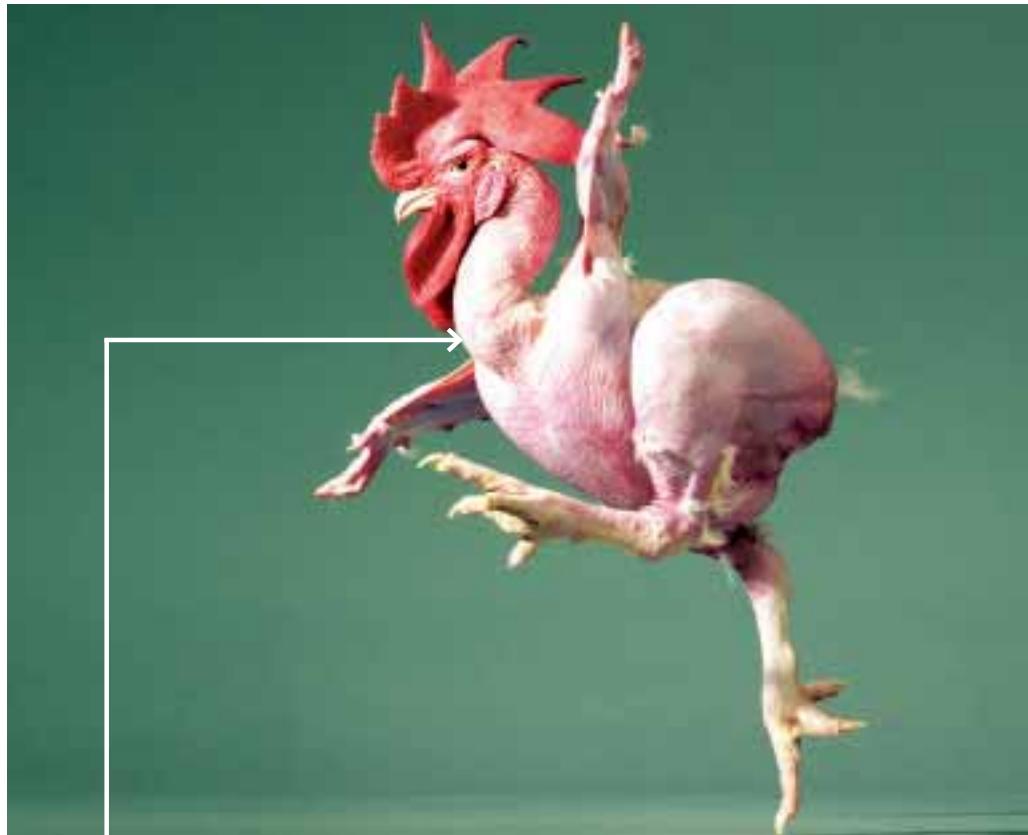
LPGA player In-Kyung Kim, right, poses in a yoga position in San Diego. Before you ditch your new year's resolutions, consider your options.

EVOK D'ANSEZIAN/GETTY IMAGES



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This will ruffle some feathers



TIM FLACH

Cock-a-doodle-doo

Animals' human side laid bare

You may think this rooster has just been plucked but for considerable economic, and potentially environmental, benefits, it has been specially bred by humans to be featherless. In his new book, *More Than Human*, British photographer Tim Flach explores the striking relationships and similarities between humans and animals. **METRO**

Q and A

The skin-ny on this yardbird



TIM FLACH

Photographer

Your book *More Than Human* looks at intimate portraits of animals. What is the main idea behind it?

Through my photos, I

want to spark a debate and raise questions on how we, human beings, shape nature, and conversely how it shapes us. In this regard, I want my photos to go beyond being pretty.

So you invite us to think about how we perceive animals?

Yes, precisely. Let's take the featherless chicken, one of my favourite im-

ages from the book. It's bred by Prof. Avigdor Ca- haner of Hebrew University of Jerusalem, drawing on a naturally occurring recessive mutation that eliminates feathers. The bird doesn't need to be plucked, which saves money in processing. It provokes a discussion on how we know the animal: In supermarkets, we see them dead, wrapped in cling film. **METRO**



Twitter

@IAmJericho:

Best Za in the world!! @Corbin- Radul: I am at D-Jay's about to eat The Jericho Good choice of pizza dude!! #WINNIPEG #pepperoniandgroundbeef

@doneill8:

This day in Blues history: 1990 - Brett Hull scored his fourth career hat trick as the Blues lost 6-5 to the Jets, at Winnipeg.

@DaleVancouver:

People in my office are complaining about temperatures be-

ing -2. Like really??? Try growing up or being in Winnipeg right now!

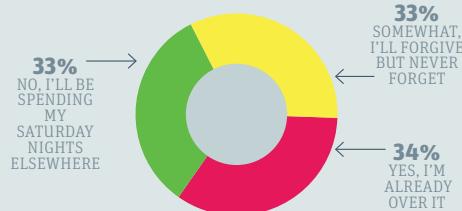
@MilesBabyhound: Yeah, unfollowing crazy raccoon dude and a few other delusional yanks, my brain hurts too much from the insanity x.x

@Neezy_Nyatz: Just because you still have my phone number does not mean I still want to hear from you



Register at metropolitanpanel.ca and take the quick poll

Are you willing to forgive the NHL for the lockout?



LPGA player In-Kyung Kim, right, poses in a yoga position in San Diego. Before you ditch your new year's resolutions, consider your options.

EVOK D'ANSEZIAN/GETTY IMAGES

SCENE 2

06

SCENE

metronews.ca
Tuesday, January 15, 2013

DVD review

Taken 2

Director: Olivier Megaton

Stars: Liam Neeson, Famke Janssen, Maggie Grace

•••••

People will call this a quick-buck sequel to Taken, the surprise hit of 2009, and these people are absolutely correct. Directed by Pierre Morel, Taken took in \$225 million in worldwide box office on an investment of \$25 million. No surprise then that unsupervised producer/writer Luc Besson decided to hit up the cash register a second time, hiring director Olivier Megaton for the outing.

And the first thing to be kidnapped in Taken 2 is logic. Despite a ludicrous script by Besson and co-writer Robert Mark Kamen, Liam Neeson manages to keep a straight face while reprising his role of avenging ex-CIA dad Bryan Mills. In the first Taken, Mills had to rescue his teenage daughter from Albanian sex traffickers. In Taken 2, it is Mills and his lovely ex-wife, Lenore (Famke Janssen), who are kidnapped. At age 60, Neeson still has formidable action chops and heroic form, and manages to propel the film through a sequel so silly that it seems like a Mad magazine parody of the original.

PETER HOWELL



American Idol judges Mariah Carey and Nicki Minaj both claim they are now getting along. THE ASSOCIATED PRESS

Idol judges won't sing

Putting it in the past.
Judges Mariah Carey and Nicki Minaj are vague on differences, but agree they wouldn't aim to be Idols

NED EHRBAR
Metro World News in Hollywood

You might have heard that new American Idol judges Mariah Carey and Nicki Minaj haven't exactly been getting along. That they've been "feuding," even. Well, Carey and Minaj have heard it, too, and they're bored by the reports. "This is a very passionate panel. I think there are a

lot of strong personalities," Carey says. "Starting this process, I felt like it was a possibility that there could be differences of opinions. The fighting is what it is. This is American Idol. It's bigger than all that. It's bigger than some stupid, trumped-up thing."

While talk of discord might make for good gossip reporting, it's not good for the show itself, Carey explains. "The whole thing is convoluted," she says. "It's a distraction from the show. It's a distraction to the contestants, and I think it's unfair to them. It should be about the contestants."

But how are the two getting along now? Carey insists that "time heals all wounds" and that the whole disagree-

ment "was sort of one-sided," a contention with which Minaj begs to differ. When asked what they did to put an end to any feuding, Minaj goes for a joking response, saying, "I put out a sex tape." But Carey is much more blunt: "I did nothing, and here we are."

Feud or no feud, the new judges can at least agree on one thing: Neither of them would've tried out for Idol themselves had it been an option. "I personally would never have wanted to do this type of show — no offence to the show at all, but I've said that since I first heard about the show," Carey says.

"I had to learn in front of the world how to just be and be on TV and sing. It's sort of like what these kids do, only at that time it was like the

Arsenio Hall Show, and that would be like, 'Here I am!' It was very tough."

For Minaj, her reticence to be a contestant goes beyond just herself. "I definitely don't think a rapper should be in this competition. Rap and hip-hop are completely different from American Idol," she explains.

"With singing, people do not care what you've necessarily gone through. If it's a great song, they're going to love it. I would never go on a show like this as a rapper, and I wouldn't encourage anyone else to come on as a rapper. I don't think it's authentic and I think if you really look for people to believe you and see you as an authentic rapper, you wouldn't do it. It's definitely not a rap competition."

CBS boss struts the network's stuff

CBS Entertainment President Nina Tassler came out swinging with big numbers to bolster her claim that it is "once again America's most-watched network" at the Winter Television Critics Association Tour. At the same time, though, Tassler stressed a need to rejig how viewership is measured given the increase in viewers tuning in online, on mobile devices or on DVRs. "It has been a tipping point this season with viewers watching on other platforms," said Tassler.

"Audience measurement hasn't quite caught up with the speed of change in viewer behaviour."

"We have four of the top five comedies, the top seven dramas, 17 of the top 30 shows

overall," Tassler touted. As for those non-traditional viewers, freshman series Elementary is particularly instructive, Tassler explained.

"It is the most-watched new show of the season, but only 59 per cent of its viewing is live," she said. "Across all platforms, the total audience of Elementary is more than the comparable freshman-year ratings for such hits as NCIS and CSI."

Tassler also addressed the future of two of CBS's biggest comedies, Two and a Half Men and How I Met Your Mother, the latter of which seems to be on the verge of renewal for a ninth season. "I will be happy to report in a very few days, I believe, that things

will be resolved," Tassler said. "We are very confident and excited that things will all work out. Almost everything is completed."

And another season of Two and a Half Men would surprise no one, though Tassler admitted Ashton Kutcher's contract has not yet been renewed. "We've told Warner Bros. we would like to have an 11th season, and they're equally interested, so stay tuned," she said. As for Angus T. Jones, who infamously urged fans to not watch the show during a video interview late last year, Tassler says a reconciliation with the show and the network is well under way.

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Lawrence lets go of long-term beau



Jennifer Lawrence

Jennifer Lawrence is now a Golden-Globe-winning actress, but she'll be celebrating solo, as Lawrence and X-Men: First Class co-star Nicholas Hoult have reportedly called it quits, according to Us Weekly. The young stars met on the set of the superhero film and dated for two years. The split comes as a surprise, as Lawrence was singing Hoult's praises recently to Elle magazine. "He is honestly my best friend, and hopefully I'm his best friend, too," she told the magazine. "He's my favourite person to be around and he makes me laugh harder than anybody."

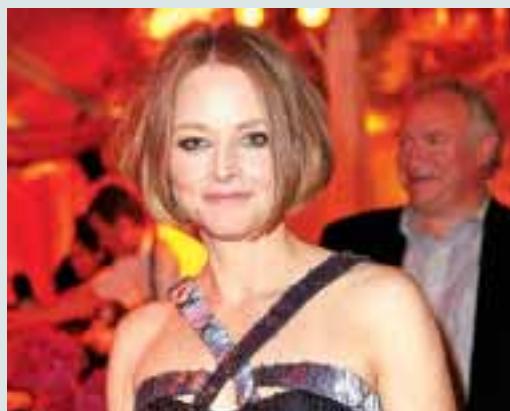
Brolin's boyhood was far from boring

Josh Brolin doesn't pull any punches when discussing his rough-and-tumble youth as the son of actor James Brolin, telling Men's Journal that he lost his virginity at 11, joined a surf gang called the Cito Rats and even got involved with heroin. "I was the last (gang member) to get into heroin — I smoked it — and the first to get out. I was around 16 or 17, so it was around the time of the Goonies," Josh tells the magazine. "But I liked working and learning, so it was very difficult for me to lend myself to that drug completely."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jodie Foster's Golden Globes speech decoded



NED EHRBAR

Metro World News in Hollywood

Jodie Foster, who received the Cecil B. Demille Award for her 47-year-long career in Hollywood, offered an acceptance speech that has left audiences and critics baffled, outraged and inspired in equal measure.

The overall message was unclear. Was she officially coming out? Did she announce her retirement from acting and directing? What does she have against Honey Boo Boo? It didn't help matters that the audio cut out at a crucial moment as she discussed "a big coming out speech." So what did the six-and-a-half-minute ramble actually mean? We set out to decode it:

"I guess I have a sudden urge to say something that I've never really been able to air in public. So, a declaration that I'm a little nervous about but maybe not quite as nervous as my publicist right now, huh Jennifer? But I'm just going to put it out there, right? Loud and proud, right? So I'm going to need your support on this. I am single. Yes I am, I am single. No, I'm kidding, but I'm not really kidding."

TRANSLATION: I recognize your hunger for a big confessional moment from me, and for that I am going to mess with you.

"Now I'm told, apparently, that every celebrity is ex-

pected to honour the details of their private life with a press conference, a fragrance and a prime-time reality show. You know, you guys might be surprised, but I am not Honey Boo Boo Child. No, I'm sorry, that's just not me. It never was and it never will be."

TRANSLATION: I am going to equate being upfront about your sexuality with the more tasteless and tacky aspects of our reality TV culture, no matter how damaging it may be for young gays and lesbians to see a successful public figure refuse to say the word "lesbian."

"There is no way I could ever stand here without acknowledging one of the deepest loves of my life, my heroic co-parent, my ex-partner in love but righteous soul sister in life, my confessor, ski buddy, consigliere, most beloved BFF of 20 years, Cydney Bernard. Thank you, Cyd. I am so proud of our modern family."

TRANSLATION: I was in a long-term relationship with a woman, and we have two children together. This is not necessarily news, but it's the first time I've acknowledged her in front of television cameras.

"This feels like the end of one era and the beginning of something else. Scary and exciting and now what? Well, I may never be up on this stage again, on any stage for that matter."

TRANSLATION: It's difficult not to feel you're in some moment of transition when an organization gives you a lifetime achievement award, even if you're only 50 years old.

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OPEN EVERY SUNDAY

Kelly Osbourne on losing weight, gaining confidence

Interview. The young starlet speaks to Metro about how she got motivated and transformed her life

ROMINA
MCGUINNESS
life@metronews.ca

After appearing on Dancing with the Stars in 2009, you lost 70 pounds, going from a size 14 to a size 2. Which body part were you most excited to rediscover?

For me, because of my family's history with cancer, my mum is always like, have you checked your boobs? One day, I was doing a breast self-examination and found this lump. So I went to the doctor and he said, "Kelly, that's your rib!" I was like, "Oh my God, I have a rib!"

Which part did you go from hating to loving?

My legs. I didn't realize how much muscle I had underneath the fat, and (I have) some pretty toned legs. Now, athletes always come up to me and say, "You've got great legs." Men like big calf muscles on themselves, so when they see it on a girl they like it.

All girls have fat days. How do you cope with yours?

I look at old pictures of myself. I know this sounds really narcissistic, but I don't mean it that way — it helps me see how far I've come and where I don't want to go again. It gives me that kick in the butt to get in the gym or call up a friend and say, "I'm having a fat day."

How do you feel when you see old photos of yourself?

It's a mixture of a million emotions. It makes me feel really sad that I let myself get like that. It was my own doing. I made myself that way



Kelly Osbourne lost 70 pounds and transformed her life. HANDOUT

because I was scared.

Scared of what?

Of myself and what I was capable of. Being famous for really not doing anything and having the entire world judging you. But now I'm 28 years old and I see it as a learning curve.

Can you imagine some people saying: The new Kelly is boring. There's a lot of stylish, good-looking women out there, so why do we need one more without

edge?

I say, "f--- you" because if you want to watch a train wreck, there are other Hollywood starlets doing that for you. I want to be a dignified grown-up. I'll always be me. I'm just not an asshole anymore.

Growth spurt

"I got taught proper posture through dancing, yoga and Pilates and I actually grew an inch. I'm now five foot two.
Kelly Osbourne



Bonus round

On her brother Jack

How did you react when you found out your 26-year-old brother, Jack, had multiple sclerosis?

Are you crazy? He's my baby brother, how do you think I reacted? It's like it's not there. He doesn't want to be treated like a sick person, because he's not sick. It's not a death sentence. He's got a very military state of mind so he looks after himself, eats very healthy and works out every day.

Did it affect the way you value life?

I've dealt with my mom almost dying of cancer, my dad almost dying in a bike accident and now my brother has MS. There's nothing they can tell me I can't deal with. It's not like you have a choice, it's life.



She tweeted this during our interview.

Healthwise, does she mean what she tweets?

THE TWEET: #DietMyth Food eaten late at night stops you losing weight!

Really?

It depends what you eat! It should be low carb and sugar.

What's your favourite midnight snack?

I'm addicted to turkey burgers with no bun and hummus.

THE TWEET: "Happiness is a perfume you cannot pour on others without getting a few drops on yourself." ~ Ralph Waldo Emerson.

Is that what Def Leppard meant by Pour Some Sugar on Me?

I have no idea what Def Leppard meant by that! They probably meant suck

my d—.

THE TWEET: I really believe that if you start UR week w/ a positive attitude on Monday it'll be way easier 2 fight off negativity the rest of the week!

But what if I hate my job but can't afford to quit?

Plan something for after work so that you've got something to look

forward to.

So what do you do when you leave work?

I'm a homebody. I have no reason to go to clubs, talk to boys and get wasted. My boyfriend cooks dinner and we play board games. Sounds boring, but we have fun because no one's looking at us and I don't wake up to a fake story about me.

What to do when counting sheep at night is no longer working

Insomnia. Sink into Sleep author talks about how to stay asleep and improve your sleep hygiene education

CELIA MILNE
life@metronews.ca

Will you sleep well tonight? If you answered "probably not," you aren't alone. Research tells us that three out of every four Canadian adults have sleep problems at some point in their lives.

While most of us reach for sleeping pills, few of us know how to solve sleep problems in the long term. A new Canadian book guides readers in a different way of thinking and acting, called cognitive behavioural therapy for insomnia (CBT-I).

"Decades of research have shown that CBT-I works very



Having trouble staying asleep? You're not alone. HANDOUT

well for insomnia," says author Dr. Judith Davidson, a psychologist and scientist-clinician in the area of sleep

and an assistant professor at Queen's University in Kingston, Ont.

"But access to CBT-I is ex-

tremely limited, almost non-existent, in Canada at this time. That is why I wrote *Sink into Sleep*. It is the same pro-

gram that we use in the insomnia clinic."

CBT-I goes much further than most "sleep hygiene"

CBT-I

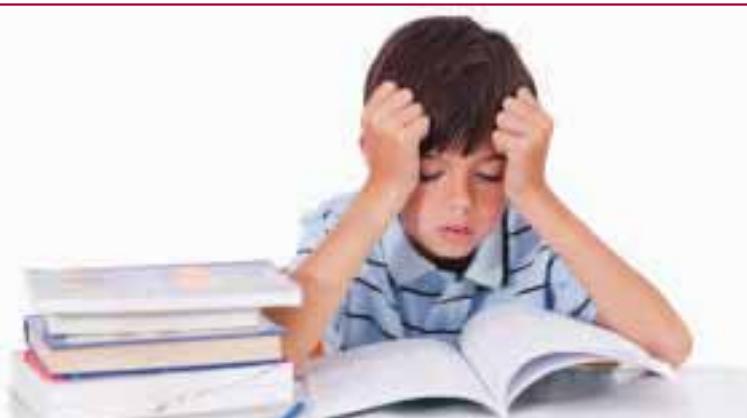
Get to know the main principles of CBT-I

- **Stay up late.** Put some pressure on your biological sleep drive by postponing bedtime
- **Get up at the same time.** Do it each morning – seven days a week! This helps stabilize your circadian (24-hour) sleep-wake rhythm.

tips.

"The person with insomnia knows all (about) avoiding caffeine, making the bed comfortable, keeping the bedroom dark, having the bedroom the right temperature, getting exercise and doing relaxation," says Davidson.

"It is the CBT-I techniques that they need, not more sleep hygiene education."



IMPORTANT LINK BETWEEN VISION AND LEARNING

All children wish to excel and enjoy the experience of learning.

Unfortunately, one in four children is likely struggling in school because of an underlying vision problem. And because 80 per cent of what we learn in school comes to us through vision, a visual dysfunction can make learning difficult and frustrating. When vision problems are left unresolved, children begin to lose self-esteem and often react negatively to any task that requires precise vision.

Often, vision problems go undetected because the signs and symptoms

may be similar to those attributed to conditions such as ADHD and a learning disability, or characteristics such as laziness and stubbornness. A child rarely reports he has a vision problem because he is unaware that others see things differently. Many feel stupid and are frustrated they cannot keep up with their peers. Even for those who manage to handle the workload, they too endure the headaches, fatigue and eyestrain. Left untreated, these problems continue into adulthood.

Unfortunately, a regular eye exam

Below are physical and behavioural indicators of a vision dysfunction:

- Headaches in forehead or temple area
- Red, itchy, burning or watery eyes
- Excessive blinking or eye rubbing
- Squint, frown, scowl
- Double vision
- Intermittent blur
- Fatigue quickly when reading or performing near tasks
- Excessive head movement when reading
- Words or letters appear to move or run together on page
- Frequent loss of place when reading
- Skip or repeat words or lines of text
- Confuse similar words, can't recall same word in paragraph
- Poor comprehension
- Dislike or avoid reading
- Very close reading / copying distance
- Lean on arm or lay head down when printing
- Write poorly (crooked, uphill, poorly spaced, slow to copy)
- Say "I can't" before really trying, give up easily
- Emotional difficulties (tears, anger, defiance, meltdowns, withdrawal)
- Clumsy, poor balance, knock things over
- Poor or inconsistent at sports or play

only assesses the health of the eyes and whether glasses may be required. Therefore, many vision disorders are

overlooked during a regular eye check-up. Although sight is physical, vision is a brain function. It's our brain that controls how the eyes move, and the accuracy and precision of those eye movements. It's our brain that controls the eye muscles that contract for near and relax for distance viewing. It's our brain that determines where to look, how long to look, and what we look at next. It's our brain that recognizes the small differences in some words, determines where things are in space, and processes words as units rather than individual letters.

If you are concerned your child may have a vision problem, Anderson Family Vision Care offers Neuro-Development Vision Assessments and Vision Therapy. Our doctors are members of the College of Optometrists in Vision Development and have taken a special interest in this field of study. Our vision therapists are also members of the college, and are among the most highly trained in Canada. For more information, call 204-633-7482.

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Avoid boasting

Selfpraise is no praise



CHARLES
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For more, visit
charlesmacpherson.com

Earlier this month I was having lunch at a little café in Toronto when a group of four men and two women sat down beside us. Everyone at that table was in a good mood, and as a young group in their late 20s, were enjoying an extended lunch break from work.

What surprised me was how the four men were trying to impress the two ladies, with each gentleman trying to outdo the other with stories of his family Christmas and the extravagant gifts he received.

None of the men in the group seemed to be

paying any attention to the women, who couldn't have cared less about the boasting.

The ladies were rolling their eyes amongst themselves.

So as the holiday season comes to an end and we start a fresh, clean new year, remember to think

and be aware of others around you when you speak. Sadly, these four men were not impressing the ladies. In fact, they did the opposite.

So when speaking at an office luncheon, talk about relevant and fun things.

Just don't draw needless attention to yourself.



Expect lots of eye rolling if you openly boast. iSTOCK



What does 2013 hold for your love life? iSTOCK

The shy type, the sugar baby or the romantic?

See what your star sign says about you.
Online dating site Match.com conducts survey to reveal what 2013 may hold for you depending on your astrological identity

Online dating website Match.com recently conducted a survey to see what 2013 may hold for your love life based on your astrological sign.

It estimates more than one third (36 per cent) of single Canadians will make a New Year's Resolution to go on more dates this year.

So what does your sign reveal about the year ahead? Here is the site's findings.

Capricorn: The office romantic
Capricorns are most likely to date someone from their workplace. Sixteen per cent of Capricorn singles

have dated someone from the office in the last five years, the highest of any sign.

Aquarius: The sugar baby
Age is just a number for Aquarius, who are the most likely to date someone more than 10 years their senior. A whopping 56 per cent would date someone who is more than a decade older than them.

Pisces: The romantic
Pisces are the most romantic of all signs. An outstanding 66 per cent of Pisces believe in love at first sight.

Aries: The initiator
When it comes to who should pay for a first date, Aries singles are in agreement. Fifty-three per cent believe the person who initiated the date should pay, more than any other sign.

Taurus: The shy type
Taurus singles are the shiest of the signs, with only eight per cent having asked someone out on a date in the last year.

Gemini: The long distance lover

When it comes to romance, Gemini singles are prepared to go the distance. An overwhelming 54 per cent have had a long distance relationship, more than any other sign.

Cancer: The multitasker
If you're dating a Cancer, be prepared to have "the talk" sooner rather than later. While not necessarily ones to cheat, at least one in 10 Cancer singles (11 per cent) date two to three people at the same time. Talk about a scheduling challenge!

Leo: The Facebook updater
It's not official until it's on Facebook! At least according to Leo singles, who are most likely to update their relationship status on the social networking site. Nearly one quarter (21 per cent) report or update their relationship status regularly.

Virgo: The online dater
When it comes to embr-

cing technologies to improve their love life, Virgo singles are most likely to bite the bullet. Nearly half (47 per cent) have used an online dating site.

Libra: The good time
If you're dating a Libra, prepare to imbibe. Libra singles are most likely to drink alcohol on a first date – 74 per cent will have a boozy beverage on a first night out.

Scorpio: The canine cuddler
Are you a dog lover? Then date a Scorpio! Singles with this sign are most likely to be friends to canines. Sixty-three per cent are fans of these furry fellows.

Sagittarius: The sharer
If you're dating a Sagittarius, the odds are your ears should be burning about now. More than a third (36 per cent) of Sagittarians will discuss their dating life with friends and family, bring others out as wingmen or discuss their dating life goals with a group. METRO/MATCH.COM

Is your partner having an online affair?

Internet infidelity.

Discreet, sneaky web exchanges only make it easier for 'enormous' number of cheaters in North America

OLIVIA MORROW
Metro World News in New York

The temptation of an online affair is one that many cannot resist, particularly with the prevalence of social media in today's society.

Dr. Janis Abrahms Spring, a renowned clinical psychologist and author of the popular book, *After the Affair*, recently

released a second edition of the self-help book for couples. The updated edition features a section based on what she calls the "new" infidelity, which refers to online affairs.

Spring believes that the number of affairs taking place in America is "enormous" and she predicts that the issue is only going to get worse due to the amount of time people spend online.

"The landscape has changed dramatically, people are spending hours chatting with others," Spring says. "Partners can feel very, very betrayed by these relationships, because affairs at their core are not necessarily about sex but about secrets and the violation of trust."

Spring suggests that couples should talk about what they're

comfortable with in terms of how they can communicate with others online. "They've got to be explicit about what constitutes an affair," she says. "If your partner was in the room looking over your shoulder watching what you are reading and what you're writing and they're feeling uncomfortable, you know you're doing something wrong."

But what is it exactly that makes people want to have an online affair? "You can be

anyone you dream of being," Spring says. "This experience of transcending your ordinary self, it's very powerful ... it's not complicated by reality." She adds that many unfaithful partners are not necessarily attracted to the person they're communicating with, but rather how the experience makes them feel.

"It's a great rush for the person who's responding that way because it allows them to go outside of their normal self."

But is it OK for someone to check their partner's Facebook or emails in order to uncover the truth?

"I understand why people check, it's human nature to check," she says. "People want the truth and they believe they can't get it from their partner."



Who is she always talking to on that thing? Having an affair couldn't be easier these days with the help of social media. iSTOCK

Fingerling potatoes with salmon raise profile of apps



ROSE REISMAN
for more, visit
rosereisman.com

Fingerling potatoes are the newest trend for appetizers and side dishes at parties and restaurants.

They're a great twist on the standard potato. Most large supermarkets and fruit and vegetable shops carry fingerlings.

If you can't find them, use small white potatoes for these Fingerling Potatoes with Herbed Cheese and Smoked Salmon.

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

Ingredients

Prep time: 10 minutes
Cook time: 30 minutes

- 8 fingerling potatoes
- 2 tbsp light cream cheese
- 3 tbsp goat cheese

2. Slice the fingerling potatoes in half lengthwise and place skin side down on the baking sheet. Spray them with cooking oil. Bake the potatoes approximately 30 minutes or just until they are tender. Place on a serving dish.

3. Using a small food processor or a whisk, mix both the cheeses with the garlic and pepper until smooth. Stir in the dill.

4. Place a dollop of the mixture on top of each potato and sprinkle with the diced salmon. Serve while still hot.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN.



This recipe serves eight. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

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Health Solutions

Casserole reprise



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

- Cook and rinse all meat before adding instead of using ground lamb with fat

- Low fat evaporated milk instead of heavy cream sauce

- Spaghetti squash/quinoa/brown rice instead of pasta

- White sauce made with milk instead of grated cheese

- Baby food pureed vegetables instead of canned soup

- Whole wheat bread crumbs instead of Corn Flake topping

- Crushed whole wheat crackers instead of crispy onions

- Phyllo layers instead of pastry or puff pastry

Call it a casserole and it's relegated to the '50s, but call it a "strata" or a "bake" or a "pie" and suddenly it's new again.

The traditional formula is simple: ingredients in a glass dish heated in the oven. The outcome is especially good for sharing at parties or for making on the weekend and enjoying all week.

What could use a little healthy push is the choice of items that go into the dish. Your mom used cans of soup, high carb pasta and maybe some Corn Flakes on top, but we can do better. Here are some substitutions to any casserole recipe.

- Canned lentils or cooked chicken instead of ground beef



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Make 12 money vows for 2013

Alison on Money.

Having trouble keeping financial resolutions? Join the club



YOUR MONEY
Alison Griffiths
money@metronews.ca

It's all about the psychology. Twelve months is a long time to keep a money vow. However, if you're only aiming for a month, chances of success are higher, which increases the likelihood that you'll turn some of your mini-resolutions into habits.

Try these on for size in 2013.

January: Find 30 minutes

Devote half an hour a week to your financial affairs. Eliminate distractions and focus.

February: Read a statement

Spend this month getting familiar with your RRSP. Ask

questions of your advisor if you don't understand the financial products you hold.

March: Keep a log

Trust me, you have no idea what you really spend. List every last penny in a journal.

April: Set aside

When your tax refund arrives, save some of it in a six-month GIC for the holiday season.

May: Cut it out

Pick a spending habit and toss it for 30 days. If it is food related, say a daily double double and donut, you'll drop a bit of weight too in time for beach weather.

June: Cut it down

With the better weather arriving, consider reducing your cable package.

July: Try shank's mare

Walk everywhere you can. This is harder in the burbs, but rethink your driving habits to save gas and whittle the waist.

August: Donate

During the dog days of summer, pick a charity and set up a monthly donation, much

easier than a last minute lump sum.

September: Get educated

Go to Investor Education Fund, (getsmarteraboutmoney.ca), Credit Canada (creditcanada.com) or Financial Consumer Agency of Canada, (fcac-acfc.gc.ca) for great tools and unbiased information.

October: Check it out

Get your credit report and score from equifax.ca or transunion.ca.

November: Stay home

Axe the restaurant, prepared foods and take out habit.

December: You're almost there

Make a list of all you've accomplished financially this year and feel good about yourself.

Customize your own 2013 resolution list and you're sure to stay financially engaged all year round. Happy New Year's to all my readers!

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Stick to your financial resolutions this year by making manageable goals. ISTOCK IMAGES



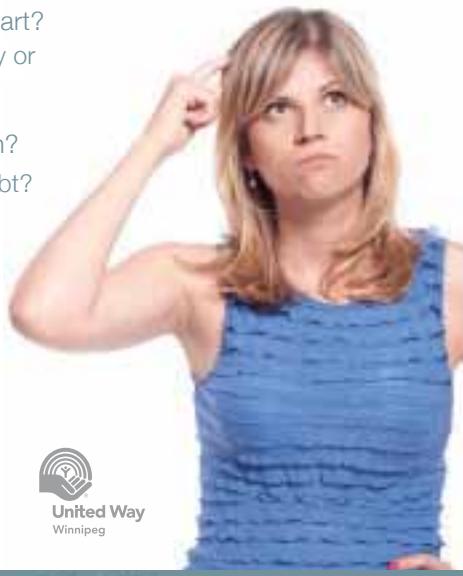
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Would you like to feel more confident about money but:

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- feel overwhelmed by debt?

Counselling is FREE for as long as you need it.



We can help.

Book your free consultation TODAY.



To consolidate debt or grin and bear it?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Besides goals of better eating and weight loss, debt is top of mind for most North Americans this January. Make debt repayment a 2013 goal!

How much do you owe? To whom? What interest rate? Can you afford the payments?

The choice is yours — should you tough debt repayment out the old-fashioned way (regular payments to multiple lenders) or apply for a consolidation loan (one consolidated payment to one lender).

The benefits of a consolidation loan are that the interest rates are typically lower than the combined interest rates of multiple debts, which often consist of high interest credit cards. As such, the monthly payments can be lower.

However, many experts rail against consolidation loans because they don't teach a valuable lesson: Taking full responsibility for debt accumulation.

The act of having to pay off expensive debts the old-fashioned way often imposes enough financial hardship on a person that they change



Don't let debt blow you away! ISTOCK IMAGES

their spending habits.

Canadian statistics show that the majority of individuals with consolidation loans never learn their lesson and are first in line for another one when the previous is finished.

You're a good candidate for a consolidation loan if you are paying too much in interest or if you can't keep up with regular payments.

The first caveat however, is that you must be financially disciplined and commit to making payments on time, in full and not accumulating additional debts. The second is that these loans are difficult to qualify for as most people that are "maxed out" are considered high risk.

Many Canadians turn to lines of credit as pseudo-consolidation loans. Scary!

Though interest rates are attractive, lines of credit are revolving, thus the available borrowing room never de-

creases. Rarely do Canadians pay off their lines of credit. Rather, they continue to overspend using their line of credit, often decreasing home equity. If you use a line of credit to consolidate, reduce the borrowing limit as you pay it down.

If the temptation to spend is too great or you can't qualify for a lower interest loan, repay your debt the old-fashioned way.

On a spreadsheet, list who you owe money to, the interest rate and balance. Call each lender and negotiate a better rate. Each month, pay a little extra on the highest interest debt until it's paid off. Then pay extra on the next highest interest debt. Remember, you'll have extra money from your previous debt's regular payment.

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INSPIRED BY PASSIONATE LEARNING

MBCI PREPARES STUDENTS FOR A SUCCESSFUL LIFE

"We want our graduates to make a difference in the world," says Ken Opalko, assistant principal at Mennonite Brethren Collegiate Institute. He knows they can.

He has been part of MBCI for 32 years, watching generations of young people learn and grow within the MBCI community. "We have alumni sending their grandchildren here now," he says. "That tells me we've built something good."

MBCI is a Christian middle school and high school open to all. It provides students with a rich mix of in-class learning and extracurricular activities, including athletics, the visual arts, performance art, and music. It prepares them for post-secondary studies and, more importantly, for a successful life — built on respect for family, community, and faith.

"MBCI isn't just about preparing more units for the workforce," says MBCI student Josh Olfert. "The goal here is to



MENNONT BRETHREN COLLEGiate INSTITUTE PHOTO

help each of us excel in the areas in which we're passionate or skillful."

It is also a safe, inclusive environment, where students are encouraged to resolve issues together. They forge lifelong friendships, not just through sports or clubs, but through events like spiritual emphasis week, or the school's musical production of The Sound of Music, happening this spring.

"The major element of MBCI that stands out to me is the passion of its staff and educators. I can't help but be inspired," says student Ian Veloso. "The biblical studies program has helped me grow in my faith and broaden my view of other religions. We not only learn standard arts and sciences here, we learn how to be tolerant, open-minded, independent thinkers, and positive members of society."

SCHOOL INFO

Is the Mennonite Brethren Collegiate Institute right for your child? Consider the following:

- MBCI has an average class size of 25 students;
- More than 80 per cent of them will move on to post-secondary education;
- Once per cycle, students in grades six through 12 gather to worship as a community — and to meet the challenges of both their faith and daily life;
- The institute offers many unique opportunities through its athletics and arts programs. Students in MBCI's music program, for example, go on an 11-day North American tour every other year.

Setting that positive example is important, explains assistant principal Andrea Neufeld. "It's a value we instill in all our students. They know they're representing MBCI, as well as themselves."

To learn more about MBCI, visit mbci.mb.ca, or call 204-667-8210.

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new career before the year is done. "We're starting new classes for almost all of our programs this month and next month," says Bill Riches, college president. "We appreciate that students want to begin the

next phase of their working lives as soon as possible. So we don't make them wait."

Since 1970, Herzing has prepared thousands of students for careers in health care, business, technology, and law. From

year to year, even generation to generation, Herzing provides a consistent quality of education.

"We have an extremely low staff turnover," Riches says. "Meaning, if you graduate from one of our programs, then recommend it to family members or friends, the same instructors who were there for you will be there for them."

Building this successful relationship with students also means ensuring their education is affordable. If your finances are preventing you from pursuing the training you need, Herzing College may be able to help. Your options may include student loans, grants, or government assistance. Herzing admissions advisers can help you identify the solution that is best for you, free of charge.

Herzing College programs are designed to teach you the skills for which employers are looking. They are led by instructors with industry experience — and supported by career services specialists who maintain strong ties between Herzing and internship hosts and employers.

"We will educate you and work with you until you're employed in your field of study," Riches says. "That's our goal. It's why we do what we do."

Herzing College is located at 723 Portage Ave. For more information, call 204-775-8175, or email info@wpg.herzing.edu. You can also visit the college's website at herzing.ca/winnipeg.

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UNIVERSITY OF WINNIPEG PHOTO

MASTER WEB DEVELOPMENT AT PACE

Do you dream of a future in web development? The Internet systems specialist diploma (ISSD) program, offered through Professional, Applied and Continuing Education (PACE) at the University of Winnipeg, gives you the skills you need to make it happen.

Through the ISSD program, you will master front-end technologies such as XHTML, CSS, JavaScript, Flash, and Photoshop; plus back-end programming and databases like PHP, ASP.net, Java, and MySQL. You will study Linux, Windows, Apache, TCP/IP, the principles of Internet

security, and more. It doesn't matter whether you are a recent high school graduate, or a veteran of the working world; this 12-month program can put a new career within reach.

Hands-on learning is a hallmark of the ISSD program. Its small class sizes ensure you will receive plenty of coaching and feedback from instructors, and you will spend your final month in a practicum at a nearby business. Students are matched with businesses based on their interests and skill levels.

Having successfully completed the

ISSD program, you will be well-prepared for a career as a web designer, web master, programmer, database analyst, or junior security and risk management analyst, among many other opportunities.

To learn more about where your diploma can take you — or to inquire about enrolment — contact Cathy Domke, program co-ordinator, at 204-982-1156, or c.domke@uwinipeg.ca. You can also view the program web page at pace.uwinipegcourses.ca. New classes for the Internet systems specialist diploma program begin in September 2013.

STAY ON TOP OF TECHNOLOGY WITH ROBERTSON

Nothing stays the same for long in the accounting field. New technologies and an evolving economy make it a dynamic place to build your career.

You can get that career started at Robertson College's Winnipeg campus, which offers both an accounting assistant and an accounting specialist diploma program. Graduates of these programs know how to manage accounts payable and receivable, prepare accounting documentation for payroll, provide detailed cash flow analysis and reporting, prepare and analyze ne-

cessary financial statements, and conduct proper bookkeeping procedures.

"This is really a dual diploma program," says Vijay Chintamaneni, campus director, Winnipeg campus. "Students who complete our 31-week accounting assistant program have the option of continuing their studies for another eight weeks to receive the accounting specialist diploma as well. The latter is also a stand-alone program, lasting 38 weeks."

Students who complete the accounting specialist program and pass the neces-

sary exam also receive Canadian Payroll Association (CPA) certification. They graduate with the knowledge and hands-on skills they need to be a success — in a field where the number of jobs will only continue to grow. New classes for both programs begin almost every month.

To learn more about the accounting assistant and accounting specialist programs, call the Robertson College direct line at 204-943-5661, or email Info@RobertsonCollege.com. You can also visit robertsoncollege.com.



ROBERTSON COLLEGE PHOTO

→ Committed to the next generation of hospitality leaders.

We're proud to celebrate the opening of the Paterson GlobalFoods Institute, a new state-of-the-art training facility that allows us to contribute to Manitoba's economic growth by increasing the number of skilled graduates working in the culinary and hospitality arts.

Visit us during Red River College's Open House, taking place February 19-20, 2013.

rrc.ca/openhouse



EXPLORE PROGRAMS AT RED RIVER

TOUR SCHOOL AT 2-DAY OPEN HOUSE

Is Red River College offering the perfect program for you? Attend its 2013 open house and you can find out.

The two-day open house is your chance to learn about Red River's academic offerings and tour its campuses. You will come away with a better sense of what you need and how Red River College can provide it.

You will begin at the College's Exhibit Hall, part of the North Gym, located on Notre Dame Campus. There you will find more than 60 booths representing more than 110 full-time and fast-track programs — not only certificate and diploma programs, but also bachelor's degree and joint degree programs covering a variety of fields. This is your chance to learn how these programs work, what is expected of students, and what you can expect as a graduate. Instructors will be on hand to answer your questions. Academic advisers will be, too, should you wish to take the next step.

Notre Dame Campus will also be open



RED RIVER COLLEGE PHOTO

for tours. Guided by a student ambassador, you will visit classrooms, laboratories, and other academic workspaces, attend demonstrations, and see first-hand the amenities it offers. If the program that interests you most is taught on another campus, don't worry, a free shuttle bus can take you to the Stevenson and Ex-

change District campuses, too.

Tours are not just organized by campus, they are organized by subject. At Notre Dame Campus, for example, you can take a trades and technology tour that covers subjects such as refrigeration and air conditioning, carpentry and woodworking, plumbing, and electrical trades.

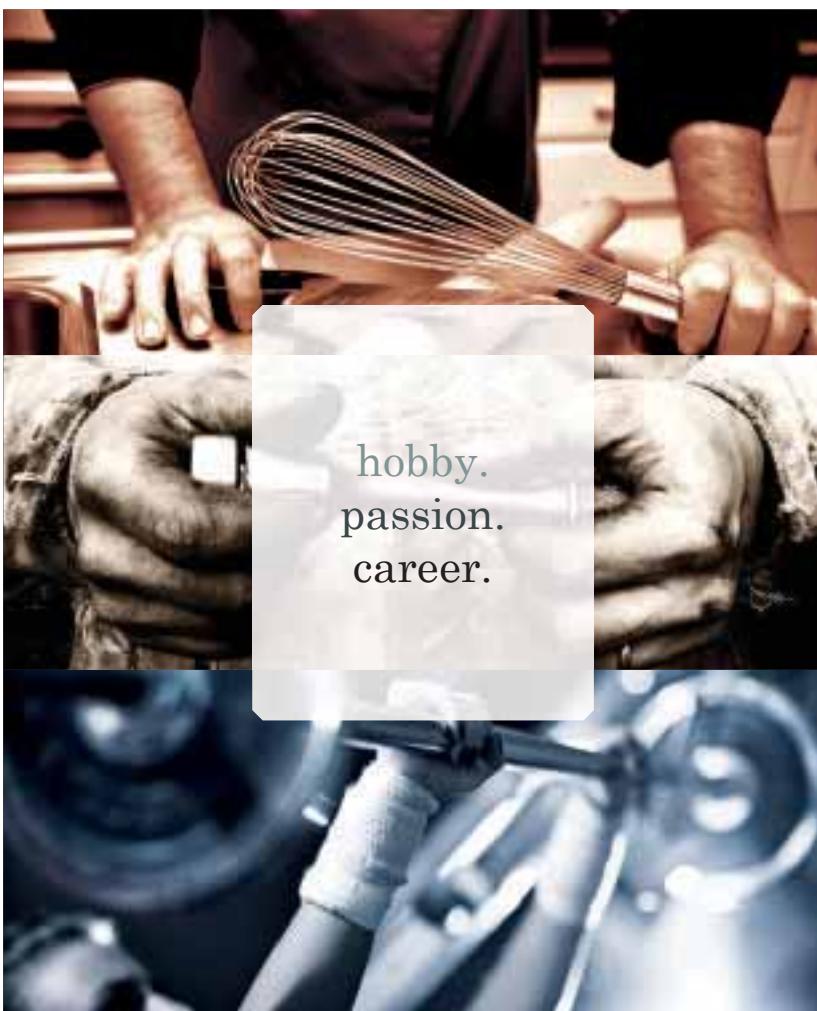
DRAW PRIZES

Attend the Red River College open house and you can enter a draw to win a \$500 tuition credit. Other prizes include gift certificates for Starbucks, Best Buy, the iTunes Store, and other popular restaurants and retailers. To enter, visit the college's North Gym or any information desk during your campus tour.

"Campus tours are one of the most important factors in a student's decision-making process," says Clint Thiessen, recruitment officer at Red River College. "They're a first-hand look that can help you determine your 'fit' on a campus, and within various academic programs. A good fit makes academic success possible — and successful students are what we're here to produce."

The Red River College open houses will take place Feb. 19 from noon to 3 p.m., and 5-8 p.m.; and Feb. 20 from 9 a.m. to 2 p.m.

For more, visit rrc.ca/openhouse, or contact Clint Thiessen at 204-632-2115.



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WINNIPEG TECHNICAL COLLEGE

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With market-driven training for individuals and employers, Winnipeg Technical College's Continuous Learning and Corporate Programs give students everything they need to excel in the workforce. New campus areas and corporate and industry partnerships allow students to learn in the classroom or at the workplace. This "just-in-time" training is customer and market-driven, using the latest in industry practices and technology to meet or exceed industry standards.

REGISTER NOW:

CWB Plate and Pipe Ticket Training: Jan 15 – Feb 5

Medical Terminology: January 22 - March 22

Voice Data Video M License: Feb 12 – Mar 14

Food Handler Certificate: Feb 22, March 1

Rigging Seminar: Feb 23, March 25

WITS Personal Fitness Trainer: Feb 26 – Apr 30

Off-Road Vehicle Maintenance: Mar 9 & 16

Street Bike Maintenance: April 23 – May 2



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education for employment.

ENTER WORKFORCE WITH CONFIDENCE

WINNIPEG TECH PROGRAMS ARE IN DEMAND

Graduates of Winnipeg Technical College's continuous learning and corporate programs enter the workforce with confidence.

"Our training opportunities are relevant and in demand, developed and delivered by instructors with industry experience," says Chantal Simard, dean, continuous learning and corporate programs. "This allows us to provide clients with career-focused, skills-based programming, enhancing their potential for career success and personal achievement."

Those opportunities include the food handler certificate course, to be held Feb. 22 and March 1. The presence of a certified food handler is required in any food establishment with more than five workers — certification, valid for five years, will be awarded to students who pass this course with a grade of 70 per cent or greater.

If you are looking for employment in a health-care environment, WTC offers the medical terminology program, running Tuesday and Thursday evenings, from Jan. 22 to March 22. And if your interests run more toward fitness, the college's W.I.T.S. personal fitness trainer certification program, held Feb. 26 through May 1, will give you the skills necessary to build a career in the fitness field. This program includes an internship.

A free information session for the personal fitness trainer program will be held Jan. 22. Visit wtc.mb.ca for further details.)

WTC will hold rigging seminars Feb. 23 and March 25, helping trainees recognize and identify unsafe conditions related to rigging hardware and equipment. The college is also offering ticket training for welders looking to upgrade their qualifications — the plate ticket training and pipe ticket training courses



WINNIPEG TECHNICAL COLLEGE PHOTO

run Jan. 15 to Feb. 5.

WTC's off-road recreational vehicle maintenance program, being held March 9 and March 16, will teach students to tune up, inspect, and set up their vehicles. The streetbike owners — basic maintenance program, running April 23 to May 2, will teach do-it-yourselfers basic maintenance and service techniques that save time and money.

Trade professionals who wish to install, maintain, upgrade, commission,

troubleshoot, or repair voice data video systems and signalling systems require a Class M voice data video electrical licence. If you wish to acquire this licence, you can register for WTC's voice data video course, running Feb. 12 to March 14.

Classes for these programs and courses are available during evenings or on weekends to accommodate students with busy schedules. To learn more, or to register, visit wtc.mb.ca, or call 204-989-6653.

A large photograph showing two students, a boy and a girl, working on a project together at a table. The boy, in the foreground, is wearing a blue hoodie and is focused on a task on the table. The girl, in the background, is wearing a grey hoodie and is looking down at the same area. They appear to be in a classroom or workshop setting with other students and equipment visible in the background. In the top right corner of the image, there is a logo for MBCI, featuring a shield with the letters "M.B.C.I." and a stylized figure.

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Open House February 4, 2013

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6 pm Visit Learning Stations
7:30 pm Information Session

Can't Make It? Call 204-667-8210 or visit mbci.mb.ca



Scheifele says he's ready to join Jets

NHL. Young prospect eager to graduate, but admits defensive skills need some work

Mark Scheifele has grown in size, confidence and experience, and now the 19-year-old centre says he's ready to play in the NHL — if the Winnipeg Jets agree.

"Overall, I think I've been working over the summer, working through the year, just to get faster, just to get stronger," he said after practice Monday.

Last season the Jets gave Scheifele a shot but decided he wasn't ready for the NHL and sent him back to junior with the Barrie Colts.

He also made Canada's world junior team and acquitted himself well at the championship tournament in Russia, although the team came away without a medal.

While there is no question he wants to graduate this season, he doesn't sound overconfident.

"I think I have to translate what I did in junior and make it even ... stronger just to be able to withstand an NHL season," he said.

He also admits his defensive skills need some work, and playing on a checking line with experienced hands like Chris Thorburn and Jim Slater could help that process.

Coach Claude Noel says no one is going to pressure Scheifele to do anything he isn't ready for, but he sees improvements.

Noel agrees he could play on a third or fourth line and continue to develop. The Jets also are well-stocked



Forward Mark Scheifele, playing for Canada, celebrates his goal against Russia Dec. 31, during the world junior championships in Ufa, Russia. Scheifele says he is ready to play in the NHL if the Jets agree. NATHAN DENETTE/THE CANADIAN PRESS

Quoted

"Is he going to be a top-six player for us and start there? It's hard to say if he'll land there by the end of the week, but he doesn't have to worry about being a top-six player."

Winnipeg Jets coach Claude Noel on Mark Scheifele.

at centre right now, which could force Scheifele to right wing, although the coach sees him as a centre long-term.

"Do I see him long-term as a right-winger? The an-

swer would be 'not really,'" he said. "But I think it's healthy that he's willing to take part as a right-winger and learn that position.... It's about development."

Noel says it's too early to

see more comfort for me.... He just needs to let these things play out."

TORSTAR NEWS SERVICE

Armstrong opened up to Oprah on PEDs: Source



A person familiar with the situation said Lance Armstrong admitted to using performance-enhancing drugs during his cycling career in Monday's interview with Oprah Winfrey. The episode will air Thursday. THE ASSOCIATED PRESS FILE

Lance Armstrong confessed to Oprah Winfrey during an interview Monday that he used performance-enhancing drugs to win the Tour de France, a person familiar with the situation told The Associated Press.

The person spoke on condition of anonymity because the interview is to be broadcast Thursday on Winfrey's network.

Armstrong was stripped of all seven Tour titles last year following a U.S. Anti-Doping Agency report that portrayed him as a ruthless competitor, willing to go to any lengths to win the prestigious race.

Livestrong meeting

Armstrong stopped at the Livestrong Foundation, which he founded, on his way to the interview and said "I'm sorry" to staff members.

A person with knowledge of that session said Armstrong choked up and several employees cried during the visit.

After a federal investigation of the cyclist was dropped without charges being brought last year, USADA

NFL

Chiefs' Belcher legally drunk at time of murder-suicide: Report

Kansas City Chiefs linebacker Jovan Belcher had a blood-alcohol level more than twice the legal limit when he shot his girlfriend nine times and then killed himself, an autopsy released Monday showed.

The Jackson County Medical Examiner report on Belcher, 25, raised new questions about whether police should have done more before the Dec. 1 murder-suicide. Officers found Belcher sleeping in his car about five hours earlier, but let him go.

At the time of the autopsy, Belcher's BAC was 0.17, more than twice the limit of 0.08 per cent for Missouri drivers, and it was likely higher when he shot girlfriend Kasandra Perkins, 22, at the couple's Kansas City home.

THE ASSOCIATED PRESS

MLB

Centre-fielder Rasmus signs 1-year deal with Blue Jays

The Toronto Blue Jays have avoided salary arbitration with centre-fielder Colby Rasmus, signing the 26-year-old to a one-year contract worth \$4,675 million.

Colby Rasmus, signing the 26-year-old to a one-year contract worth \$4,675 million.

Rasmus hit 23 home runs in 2012 — tying his career high — but also posted a career-worst .223 batting average and .289 on-base percentage.

TORSTAR NEWS SERVICE

stepped in with an investigation of its own. The agency deposed 11 former teammates and accused Armstrong of masterminding a complex and brazen drug program that included steroids, blood boosters and a range of other performance-enhancers.

A group of about 10 close friends and advisers to Armstrong left a downtown Austin, Texas, hotel about three hours after they arrived Monday afternoon for the taping.

Soon afterward, Winfrey tweeted: "Just wrapped with @lancearmstrong More than 2 1/2 hours. He came READY!"

THE ASSOCIATED PRESS

Horoscopes

♈ Aries

March 21 - April 20

Only you know how much effort you have put into a task of some kind, so don't let anyone tell you that you should have done more. In a matter of days, your confidence will receive a much-needed boost. You're doing OK.

♉ Taurus

April 21 - May 20

If you are serious about a long-term goal then you need to get working on it right now. Even relationships must take a back seat while you make your mark. A job done well will bring you satisfaction.

♊ Gemini

May 22 - June 21

Your confidence will bloom today and everyone will be impressed by your dynamic manner. In fact, the higher you aim over the next few days, the more likely it is you will succeed. Don't hold back.

♋ Cancer

June 22 - July 21

Cosmic activity in your opposite sign of Capricorn indicates that major changes are possible, but you must be the one who makes the first move. Yes, mistakes have been made but things are not as bad as they seem.

♌ Leo

July 24 - Aug. 23

If you feel the need to open up about your feelings, now is the time because you are guaranteed a positive response. In fact, you will be surprised how easy it is to confide in people and how readily they confide in you.

♍ Virgo

Aug. 24 - Sept. 23

Today's beneficial aspects will reveal new possibilities and make you realize that you have been worrying for no good reason. Chances are you will soon be made the proverbial offer you simply cannot refuse.

♎ Libra

Sept. 24 - Oct. 23

The higher you aim, the more you will accomplish and the more you accomplish, the more you will feel good about yourself. Success and popularity are yours for the taking. It doesn't get much better than this.

♏ Scorpio

Oct. 24 - Nov. 22

Don't sit at home thinking about what might have been. Get out there into the world and do something dynamic. The next few days are going to be crucial to your emotional and mental wellbeing, so be positive.

♐ Sagittarius

Nov. 23 - Dec. 21

Cosmic activity in the money area of your chart urges you to try something new, especially if you are not getting as much as you would like from your career. You need to be more adventurous. Is that so hard?

♑ Capricorn

Dec. 22 - Jan. 20

You can now start moving forward again after a period when you seemed to chop and change and get nowhere. Be brave, be bold and be ready to travel in a new direction over the next few days.

♒ Aquarius

Jan. 21 - Feb. 19

Believe it or not it is impossible for you to fail. So, the more risks you take now, the more you will achieve. Aim to be the best at what it is you do best. Anything is possible if you want it enough.

♓ Pisces

Feb. 20 - March 20

You may be of the opinion that if you talk tough, you will get what you want. But why risk alienating people when you can just as easily charm them? Say nice things and you will get nice things in return.

SALLY BROMPTON

Crossword: Canada Across & Down

BY KELLY ANN BUCHANAN

Across

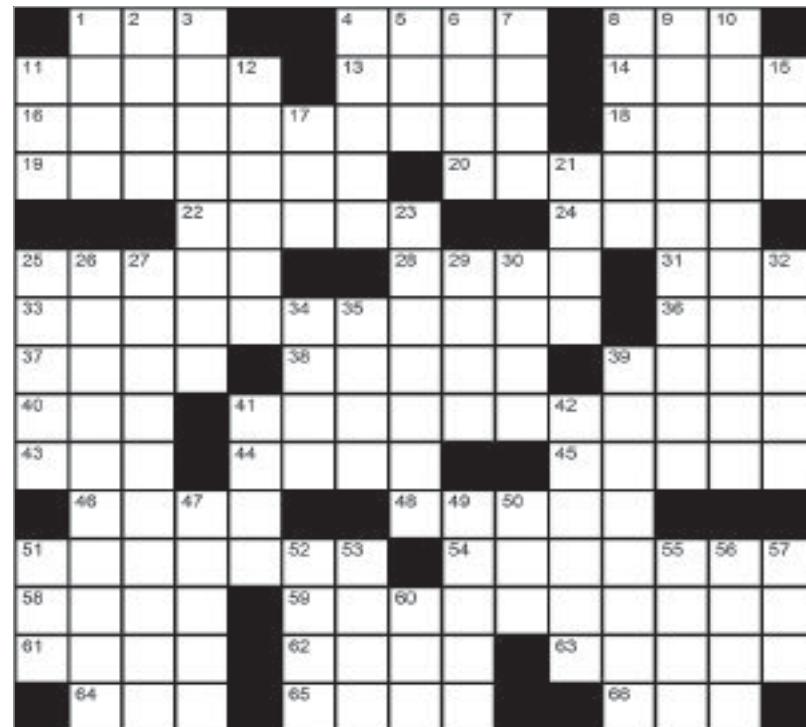
1. Great ___ Sea
4. ___ Breton Island
8. Sleeve
11. Charles Dickens character
12. Edwin
13. Russian river
14. Arctic explorer John, and others
16. Nanaimo-born jazz pianist/singer: 2 wds.
18. Ship's mooring post
19. Ivy's 'grasper'
20. Brickwork
22. Fay of 1933's "King Kong", and others
24. Bread spread
25. Try
28. Director Mr. Preminger
31. Car advertisement fig.
33. Vancouver's urban oasis: 2 wds.
36. Certain ISP
37. Alan of "M*A*S*H"
38. Actress Christine
39. Farm tower
40. Family member
41. Twitter and Facebook: 2 wds.
43. Cobbler's tool
44. Boost
45. Nautical "Stop!"
46. French Polynesia island
48. Panorama
51. "The Flintstones" setting
54. Paris Hilton, for one
58. Organic compound
59. Ancient Roman greeting: 2 wds.
61. Wile E. Coyote's supplier
62. River of Florence
63. Elegance
64. Poetic nightfall
65. Church section
66. Comedy venue, ___ Yuk's

Down

1. Soft cheese
2. Welsh actor Mr. Gruffudd
3. 'Ultimate Dinosaurs: Giants from ___' at the Royal Ontario Museum
4. Like permed hair
5. Southern constellation near Telescopium
6. "Gilligan's Island" tree
7. ___ Enchanted" (2004)
8. Tree: Spanish
9. Chantal Kreviazuk's hubby: 2 wds.
10. Superman's city
11. Banned pesticide
12. Hockey great Mr. Sittler
15. Farm pen
17. Car company
21. CBC Radio One host, ___-Yin Lee
23. Meryl Streep movie, ___

- Choice" (1982)
25. Carne ___ (Mexican dish)
26. The ___ Seaway
27. Calgary Flames rink
29. Brit's bye-bye
30. Set of three books, for short
32. Crow
34. H.G. Wells people
35. Chatter, variably
39. In a harsh way
41. "Begone!"
42. "Flashdance" (1983) song
47. "Over the Rainbow" co-composer Harold

49. Ms. Sevigny
50. Common Market letters
51. Princess Eugenie's sis
52. Canadian figure skater Patrick
53. Ex-Idol judge Ms. DioGuardi
55. Biblical twin
56. Regina's prov.
57. Jr.'s fathers
60. Bill, for short



Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	8	7	3	1	6	4	9	5
9	1	5	2	4	3	7	6	8
6	3	4	9	7	5	8	1	2
4	2	1	8	3	7	6	5	9
8	5	3	6	9	2	7	4	1
7	6	9	1	5	4	2	8	3
3	4	8	6	6	9	1	2	7
1	9	2	7	8	3	5	6	4
5	7	6	4	2	1	9	3	8

1	7	9		
3			8	7
6			2	
6	9			7
2	4	1	3	
5		3	7	
1			2	
4	5	7		1
8		1	5	

Weather

TODAY



MAX: -8°
MIN: -22°

WEDNESDAY



MAX: -10°
MIN: -23°

THURSDAY



MAX: -21°
MIN: -29°

JENNA KHAN
WEATHER SPECIALIST

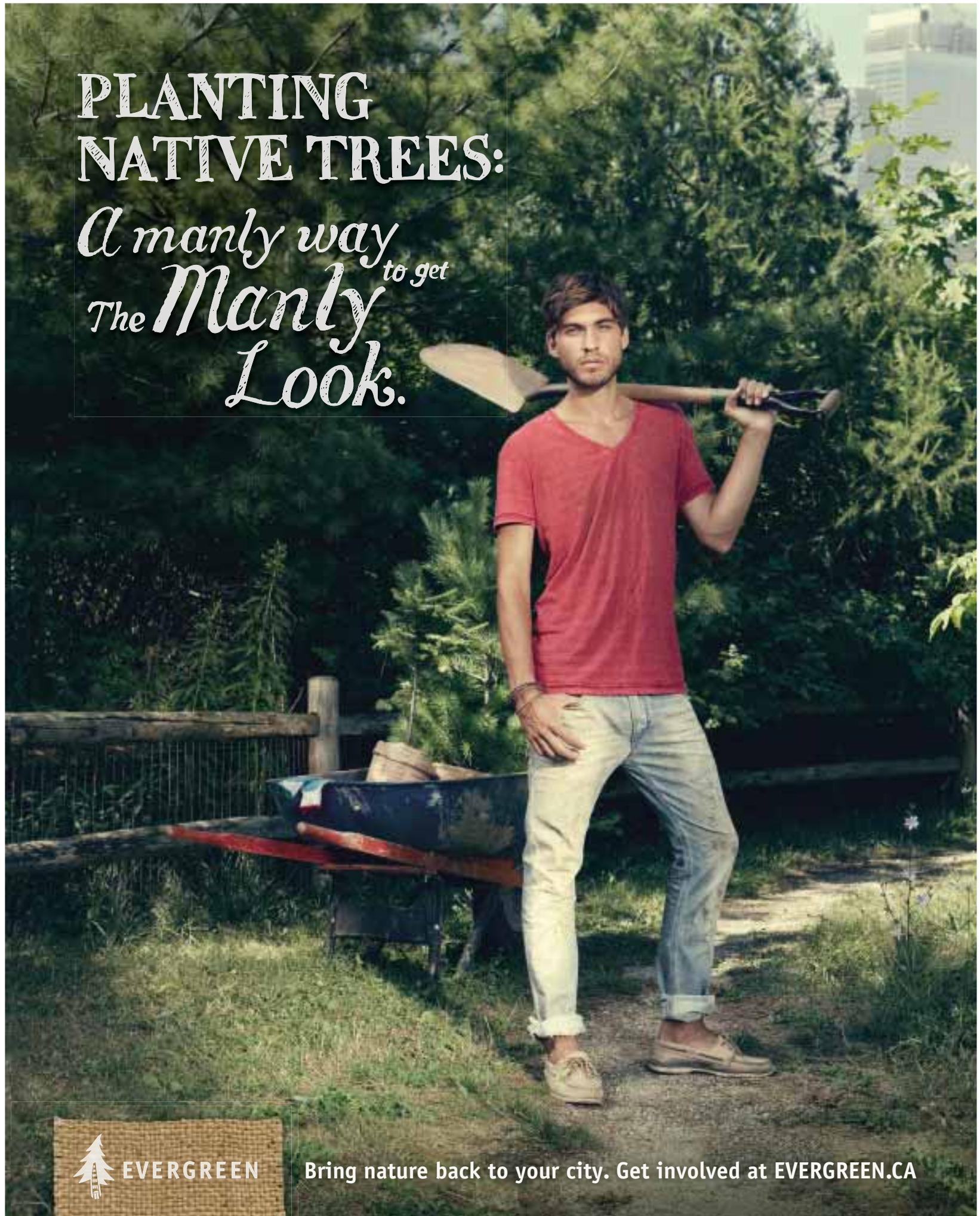


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